



# FROM THE HOMEFRONT

September 2019



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## State Family Program Director



September marks the transition from summer to fall. In Vermont, the Champlain Valley Fair, back-to-school activities and the rush towards the holidays is our barometer of the seasonal change. Another indicator of the change in seasons is the weather-thankfully this transition is often one of the more temperate weather-wise. The transition from Fall to Winter (frigid temperatures) or Winter to Spring (MUD) or Spring to Summer (HOT) are not as kind to us, in my opinion.

September is also a great month because it starts off with a holiday that was organized to celebrate workers and their achievements! Very good reason to relax and “chill” with family and friends. This month also has Grandparents Day (Sunday, September 8th) -where would any of us service members be without grandparents who helped us with our children when our military service took us away from home?

September also has a great “fun day” on September 19th: International “Talk Like A Pirate Day”. Arrrrrr, Matey! While this fun day was created in 1995, it wasn't until the humor columnist, Dave Barry, wrote about this little known “holiday” in his column (google Miami Herald and Dave Barry and 2002 to see the column that launched a thousand “Arrrrrr!” around the country). What is so cool about this fun day is it is often celebrated as a way to raise funds for charity organizations such as Childhood Cancer Support and Marie Curie Cancer Care. No doubt at children's hospitals around the country you can spot a pirate or two lifting the little mates spirits.

September is excellent guidance on how to make sure your family is prepared and protected in case of an emergency or disaster.

Finally, we remember, always, every September 11th the sacrifices of almost 3000 people gave that day nearly 18 years ago. We will never forget.

Sincerely,

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Check us out on Facebook!  
<https://www.facebook.com/VTNGFamilyPrograms/>

## Airman and Family Readiness Manager



Hello from the Airman and Family Readiness Office, We're hoping that you have had an enjoyable summer so far! We are anxiously awaiting the arrival of our first 2 F-35 Jets early this month! It is going to be a very exciting time! We have been busy planning the Airman Appreciation Day on October 20th so that all VTANG families can come to the base and see these new Jets in person! The event will officially kick off at 10:00 AM, with a catered lunch and many fun activities. The day will end with fun trick-or-treating around the base.



With school starting up for many I want to make sure that everyone is aware of the free tutor service that is available to military members, spouses and children. <http://military.tutor.com/home> is a great resource for you. Get homework and studying help from a professional tutor any time you need it. FREE for students in Army, Navy, Air Force, Marines, National Guard and Reserve families. Expert tutors are online 24/7 and available to help in more than 16 subjects, including test prep, proofreading, Math, Science, English and Social Studies. If you need help with accessing this you can always call Military One Source for assistance or other school help resources at 1-800-342-9647.

Mary Mahoney  
Airman and Family Readiness Manager  
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802-652-8035



## Kitchen Spoons & Combat Boots

### Sept. 4, 2019 at Noon VA Benefits

Are you or your significant other a military veteran? Do you often wonder what benefits or services apply to you? To gain knowledge of earned entitlements, join us virtually, Wednesday, September 4th for a comprehensive overview of veteran services and benefits.

Don't forget to join us on October 2nd, for Success Management—Positive Behavior Interventions & Strategies. These tips work for youth as well as adult teams and so we recommend that you attend this webinar even if you don't work with youth.

**Wednesday, September 4**  
VA Benefits

**SEP**  
**4**

**Wednesday, October 2**  
Success Management—Positive  
Behavior Interventions & Strategies

**OCT**  
**2**

**Wednesday, November 6**  
TBD

**NOV**  
**6**

**Check us out online at:**

**[http://www.ngfamily.vt.gov/  
ks\\_and\\_cb\\_page.html](http://www.ngfamily.vt.gov/ks_and_cb_page.html)**



**To join the meeting from your computer, tablet or smartphone:**

**<https://militaryonesource.adobeconnect.com/vt/>**

**(Please utilize the "chat box" to be heard)**

**To access audio, dial by phone: (855) 568-6581**

**(No access code needed)**

**Questions: Call Marcie Caulfield at 802-338-3164, Candice Bryan-Broe at 802-338-3652, Michaela LaCoss at 802-338-4317**





### Ease Back-to-School Transitions with a Military OneSource Education Consultant

Whether you are considering going back to school, your 5-year-old is starting kindergarten, or your 20-year-old is heading back to college, an education consultant at Military OneSource can ease back-to-school transitions. These free and confidential one-on-one sessions with a professional who is knowledgeable about education resources can give both your child and you a shot of confidence.

#### How can education consultants help you?

Consultants look into education options for you, refer you to education services that best meet your needs and connect you to a wide variety of resources. They can answer your questions and provide information about services and benefits.

#### You can arrange a consultation for help with:

- Referrals to in-home tutors and tutoring centers in your area
- Public and private school information if your family is moving
- Choosing a college based on your desired degree or specific request
- Sources for financial aid and scholarships
- Profiles on specific colleges and their credentials
- Finding military-friendly schools and institutions that allow you to transfer previous college credits
- Help getting your credentials converted and diplomas translated to meet specific state or country requirements
- Contact info to help eligible military spouses find tuition assistance for certification through the MyCAA Scholarship
- Information on the SAT and ACT test preparation programs.

#### Who is eligible for services?

An education consultant can help eligible service members and family members. For example, they can help you with information about colleges and financial aid for yourself – and they can help find a tutor in the area for your child.

Connect with a Military OneSource education consultant to access the information and resources you need to meet your education goals. Set up your consultation by calling Military OneSource at 800-342-9647.

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## Employer Support of the Guard and Reserve (ESGR)



### September 2019 Reminders from Vermont Employer Support of the Guard and Reserve and the National Guard Employment Support Program

Job Fair Season – isn't far away! If you need to freshen up your resume or don't even know where to start, contact Dave Wheel at [dwheel@interactivegov.com](mailto:dwheel@interactivegov.com) or 802-272-5509. While there are no job fairs in September, several are scheduled in October. Be ready if you're looking for a job or a better job! We have also recently created a Facebook page that will display an increasing variety of job opportunities. Go to: "Vermont Employment Support Program" and click on "Groups" and "Job Opportunities." The available opportunities will increase over time as employers become more knowledgeable of the site.

Vermont ESGR is always looking for new volunteers, especially from the "four corners" of Vermont (St. Albans, Lyndonville, Brattleboro and Bennington.) Most of our readers work a full-time job and then some, but you may know someone who would like to serve a few hours a month. Contact Linda Fowler, full-time Volunteer Support Technician (802-338-4187) or Jerry Manock, current interim Chair (802-355-6169) for more information.

Have an employment-related question, need help finding a job, or need more information about your job protections? As always, call us with any employment-related question at 802-338-4187 or 802-338-4190. ESGR is your go-to office for answering any USERRA questions!



## Season coming soon

## Thoughts From Our State Youth Coordinator



As you may have noted from past articles and marketing efforts this summer we added an experience specifically designed for youth ages 12-14yo: enter our “Farm-to-Table STEM Camp”. 9 (nine) VT National Guard Dependent youth converged on the North East Kingdom (NEK) to engage with local food producers, gain food preparation skills, participate in leadership activities, and EAT! Each day began with an excursion to a different NEK food grower/maker to meet the Owner/Operators, gain insights into the inner-workings of the business, as well as have a ‘hands-on’ learning experience.



The week began with a visit to a small-town pizza shop, on it's ‘day-off’. During this visit the chef-owner provided a behind-the-scenes tour, lead a discussion on their business model, and finished up with letting the kiddos create and bake their own pizzas in a wood-fired oven. Day 2 brought about a trip to an organic-greens farm: while there the youth were educated on the Sales & Marketing of a ‘small-scale’ salad farm, gleaned bushels of kale for a local food shelf & to make Kale-Chips for 130 campers/staff. On day 3 they visited a blueberry patch & farm that uses only draft animals (no tractors): they picked over 20lbs of blueberries in 60minutes, and assisted with the grooming of 2 draft horses & the training of a 4 month old ox calf. Upon return to camp they were guided on making Panna Cotta with blueberry sauce and blueberry-yogurt popsicles for the rest of camp (check out the pictures below). The final full-day of camp brought about a visit to a Maple Sugaring facility: this was no backyard operation with 200,000 taps and hands-down the most high-tech arch any of them had ever seen. The arch is so efficient it can boil down enough sap to fill a 55gallon drum with syrup in under 3minutes, wait WHAT!!

Needless to say, these VTNG Youth had their fill of gained knowledge & skills in the kitchen, on the various farms, developing a well rounded pallet, and indulging others with their culinary delights. And maybe, just maybe they had fun along the way?!



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Download the “ARNG CYS” Mobile App for Apple & Android!



Check us out on Facebook!

<https://www.facebook.com/VTNGCYP/>





## Family Readiness Support Assistant



Guess what!?!? It's Back to School Time!!!

I would like to send out a huge thank you to everyone who volunteered their time with the Operation Home Front Back to School Brigade (BTSB). "Operation Homefront, a national 501(c)(3) nonprofit, builds strong, stable, and secure military families so they can thrive—not simply struggle to get by in the communities they have worked so hard to protect."



Eleven Dollar Tree stores across Vermont and Western New Hampshire partnered with Operation Homefront this year to offer over 2,000 school supplies for our Service Members and Military Families. We actually had so many volunteers offer to help, that there was an alternate list started. Thank you to all of you who even wanted to be considered to help support BTSB, but especially thank you to those individuals below, who picked up school supplies in some cases, more than once and dropped them off at several armories across the state.

- Bernadette (Barre Dollar Tree)
- Phil (Morrisville Dollar Tree)
- Melissa (Rutland Dollar Tree)
- Kristine (Essex Dollar Tree)
- Tiffani (Essex Dollar Tree)
- Lila (St. Johnsbury Dollar Tree)
- Tammy (Bennington Dollar Tree)
- Deb (Newport & Derby Dollar Tree)
- Madeline (Brattleboro Dollar Tree)
- Minnie (West Leb, NH Dollar Tree)
- Jillian (West Leb, NH Dollar Tree)

If you are a Service Member or Military Family Member you can stop by one of the armories listed below to ask about Back to School Brigade supplies.

- Berlin
- Morrisville
- Rutland
- St. Albans
- Lyndonville
- Newport
- White River Jct.
- Bennington

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email: [candice.e.broe.ctr@mail.mil](mailto:candice.e.broe.ctr@mail.mil)



### DON'T FORGET!

Record your volunteer hours in JSS or email them to [candice.e.broe.ctr@mail.mil](mailto:candice.e.broe.ctr@mail.mil). Send them in by the last day of each month.

Check us out on Facebook!  
<https://www.facebook.com/FamilyReadinessVTARNG>



VOL NTEER  
*all that's missing is U!*

## Citizen Soldier For Life - Career Readiness



Hello, I am Brian Duchesne your new Citizen Soldier for Life (CSFL) Career Readiness Counselor. The CSFL program will be split up between northern Vermont and southern Vermont. I will be servicing the southern portion of the state and my office is located in White River Junction. CSFL Career Readiness Counselor Karen Chesser will be handling the northern Vermont portion of Vermont and her office is in Colchester at Camp Johnson.

**CITIZEN SOLDIER  
FOR LIFE**



I was born and raised in NH, and now call New London NH my home. I have been married since 2005 to a dual military member. My wife is an RN and we have two boys ages 9 and 10. My wife was active duty for 8 years and we have been stationed at Walter Reed and Fort Sam Houston. As for myself, in my life time I have worn many hats. I have been a postal worker, a firefighter, an EMT, a teacher and a Police Officer all before joining the Guard.

I began my military career as an OCS candidate with the NH Army National Guard in 2004, but in 2005 while stationed in Washington DC, I was injured after being rear-ended at a high speed. The accident prevented me from continuing my training as an OCS candidate and so with time left on my contract I needed an MOS to stay in and since I was already an EMT, I decided to become a medic. In which capacity I continue to serve today.

Currently I am an E7 and serve as the Medical Operations NCOIC for the 197th FIB with the NH Army National Guard, as well as the Medical Section Chief and a platoon sergeant. I have 3 deployments under my belt: Operation New Dawn 2010-11, Operation Enduring Freedom 2013-14, and a CULP mission to Malawi Africa in 2015.

I am excited to be here working for the Citizen Soldier For Life (CSFL) program and I am looking forward to working with all the great service members, and veterans that Vermont has to offer.

Brian Duchesne - Citizen Soldier for Life - Career Readiness Counselor - *Contact information coming soon*

## Vermont Veterans Outreach



### Greetings Vermont Veterans,

Veterans residing in Chittenden County should contact me for assistance in applying to the Consolidated Entry Point Facilities which enrolls eligible individuals into all the programs in our county. I am able to assist with the application to COTS and the Canal Street Veteran's Facility. We have Turning Point and the Howard Center network to provide assistance with substance and mental health issues. In summary, there is a wealth of resources available to those who would like to seek assistance.



Summer is slowly winding down and soon the chill will be back upon us. I encourage anyone seeking assistance with heating and shelter issues to contact our program as soon as possible so we may provide assistance. I would also like to encourage you all to actively engage in outdoor programs while the weather still allows it. I am able to put you in touch with groups such as Project Healing Waters and Vermont Adaptive who facilitate outdoor activities for our Veteran community. As we move indoors it may be a good time to clean house on administrative issues in our lives. Every member of the Outreach Team is ready to assist you with Burn Pit Registry, Archives.gov requests, the VA Benefits process and any other assistance you might need.

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<https://www.facebook.com/vtvfot/>





## VTARNG State Chaplain



### Chaplain's Reflection

Song of Songs 8:7 (ESV), Many waters cannot quench love, neither can floods drown it. If a man offered for love all the wealth of his house, he would be despised.

I officiated at a wedding ceremony for a VTARNG Soldier last month

and it was a beautiful ceremony. The bride and groom spent a lot of time preparing for their wedding day. The family and friends came, the food and music were excellent.

However, before the wedding ceremony took place, I spent over six hours helping them prepare for the marriage. We talked about problems that couples often encounter as they journey together through life.

We also began to consider solutions when those problems arise. While it is a lot of fun preparing for the wedding ceremony, it is more important to prepare for the marriage.

I use a variety of counseling materials as I work with a couple. The book, *The Five Love Languages* by Dr. Gary Chapman is one of the main resources because of the content and the inventory.

The Five languages are 1. Words of Affirmation. 2. Quality time. 3. Receiving gifts. 4. Acts of service. 5. Physical touch.

While each person needs all 5 of these in their life and especially from their spouse, each person has a primary love language.

The problem is that we love our spouse according to our love language and not their love language. Therefore, we do not meet their emotional needs and our spouse suffers.

When we learn our spouse's love language and eagerly desire to love our spouse according to their primary love language, then our spouse feels loved and appreciated.

May the LORD bless you as you learn your spouse's love language and watch your love grow!

CH (LTC) Brett Charsky

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## Financial Services



I can't believe it is already back to school time. I just noticed Halloween candy in the grocery store, which seems a little too early for me. However, this is the perfect time to teach your children about financial literacy.

Do you have school age children?

Share with them what the back to school budget is, start with small numbers for the younger kids and raise the dollar amount they can spend as they get older. Guide them through comparing prices, show them how sale items and coupons can make a big difference in how much they can get. This will hopefully start the conversation about 'needs' versus 'wants', let them make the



choices, sometimes one is better than four, but the decision will be theirs to make.

If your kids aren't old enough for back to school, the US Mint has some great interactive games and activities to teach children about money: [www.usmint.gov/learn/kids](http://www.usmint.gov/learn/kids) This is a great way to get your children started on the road to good financial health. Sit down with your young children and let them feel money, trace the coins with their fingers; our society doesn't use cash a lot anymore so seeing it and feeling it is a good way to make it a concrete concept. If your children are closer to graduation than just starting out, let them know what you have budgeted for back to school items. For example, if you have budgeted \$50 for new sneakers and they choose a pair for \$30- they get to keep the difference; the understanding of 'needs' versus 'wants' becomes crystal clear when they are motivated to spend less. This can also start the conversation about saving versus spending.

Many banks and credit unions have no fee youth savings accounts, it's never too early to teach your children about saving and spending money wisely.

Megan J. Sather, AFC, FFC, FSW

Vermont Veteran's Outreach

Personal Financial Counselor (Contractor)

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### ***Your Tasks for September 1 – 8***

#### **Make and Practice Your Plan**

- ☑ Make an emergency plan today & practice it: [www.ready.gov/plan](http://www.ready.gov/plan)
- ☑ Make a fire escape plan & practice it at least twice a year with everyone in the home
- ☑ Put smoke alarms on every level of your home, test them monthly, and replace them when they are 10 years old
- ☑ Download a group texting app so your entire crew can keep in touch before, during & after an emergency. Texting is more reliable than calling and allows multiple notifications with a single message
- ☑ Sign up for local emergency alerts in your area by signing up for VT-Alert: a statewide emergency messaging system
- ☑ If you rely on electrical medical equipment, contact your water and power companies to get on a "priority reconnection service" list of power-dependent customers

### ***Your Tasks for September 9 – 15***

#### **Learn Life Saving Skills**

- ☑ Protect your family by installing a carbon monoxide detector.
- ☑ Commit to learning and sharing life-saving emergency skills with the training at <http://go.usa.gov/x5Xcm>
- ☑ Learn how to in case you ever have a gas emergency in your home.
- ☑ Be prepared by having enough food, water, & meds to last for at least 72 hours.
- ☑ Make sure you have spare batteries handy in an emergency
- ☑ Check your home so that anything that can burn is at least 3 feet from your furnace, water heater, and other heat-generating equipment.
- ☑ Learn how to mitigate your home against flood damage.
- ☑ Learn how to turn off utilities like natural gas in your home.

### ***Your Tasks for September 16 – 22***

#### **Check Your Insurance Coverage**

- ☑ Insurance is the first line of recovery from a disaster; check your insurance coverage against the area's risks
- ☑ Flood Insurance allows communities and families to recover more quickly and more fully.
- ☑ Most homeowners' and renters' insurance do not cover flood damage. Just one inch of water can cause \$25,000 in damage to your home : [www.floodsmart.gov](http://www.floodsmart.gov)
- ☑ Snap photos of important documents and personal belongings to help you quickly file a claim after a flood.

### ***Your Tasks for September 23 – 30***

#### **Save For an Emergency**

- ☑ Plan financially for the possibility of disaster.
- ☑ Complete an Emergency Financial First Aid Kit <https://www.ready.gov/financial-preparedness>
- ☑ Maintain emergency savings for use in case of an emergency and keep some cash on hand for emergencies
- ☑ Make digital copies of important documents and save them on the cloud or a secure cell phone app in case disaster strikes





# 9/11

## PATRIOT DAY

### WE WILL NEVER FORGET

This month will mark 18 years since that fateful day. Even after almost 2 decades, we can still remember clearly where we were and what we were doing the morning of September 11, 2001. It was a Tuesday and in Vermont, it was one of those beautiful fall days-not a cloud in the sky. The disbelief, the fear, the anger that followed in the days, weeks, months, and years to follow made this day indelibly stamped in our memory.

“No day shall erase you from the memory of time.”

Roman Poet, Virgil

# Calendar of Events



**SEPT 2**

**LABOR DAY**  
Nationwide



**SEPT 4**

**KS&CB WEBINAR**  
Online



**SEPT 8**

**VERMONT REMEMBERS RUN**  
Camp Johnson, Colchester, VY



**SEPT 13-15**

**STRONG BONDS**  
Jay, VT



**OCT 12**

**VETERAN WELLNESS RESOURCE FAIR**  
Location TBD



**OCT 2**

**KS&CB WEBINAR**  
Online

## Contact Information

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### **CITIZEN SOLDIER FOR LIFE**

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